

Youth Exchange **BODY IN ACTION**



19.07.2015 – 27.07. 2015 Pona & Rustavi, Georgia

Participating organizations:

Hosting organization:

- **Association “Georgian Youth for Europe”**

Sending organizations:

- **Czestochowskie Stowarzyszenie Rozwoju Malej Przedsiębiorczosci, Poland
(Applicant organization)**
- **Kremenchuk informative-elucidative centre European Club, Ukraine**
- **PULPO DE 5 PATAS, Spain**

Project supported by:



Participants:

There are 7 participants per each country (6 participants of the age 18-25 years old and one group leader of any age).

APV:

Date and Place: Rustavi, Georgia; 12th - 14th of June 2015.

Participants: 1 person from each country.

Costs: Each person will get reimbursement according to the rules of Erasmus plus distance calculation.

Czestochowskie Stowarzyszenie Rozwoju Malej Przedsiębiorczosci	1	Czestochowa, Poland – Pona, Georgia	270 Euro
Kremenchuk informative-elucidative centre European Club	1	Kremenchuk, Ukraine – Pona, Georgia	170 Euro
PULPO DE 5 PATAS	1	Madrid, Spain – Pona, Georgia	620 Euro

Youth Exchange

Date and Place: Pona and Rustavi, Georgia; 19th of July – 27th of July 2015.

Participants: 6 participants + 1 group leader from each country. Age: 18 – 25.

Costs: Travel per participant – each participant will get reimbursement according to the rules of Erasmus plus distance calculation. (<http://erasmus-plus.ro/erasmus-plus-distance-calculator-budget/>)

Please find below travel cost limit per country:

Czestochowskie Stowarzyszenie Rozwoju Malej Przedsiębiorczosci	7pax	Czestochowa, Poland – Pona, Georgia	1890 Euro
Kremenchuk informative-elucidative centre European Club	7pax	Kremenchuk, Ukraine – Pona, Georgia	1190 Euro
PULPO DE 5 PATAS	7pax	Madrid, Spain – Pona, Georgia	4340 Euro

Working Language:

English

Description of the Project:

Youth exchange, “Body in Action” aims to familiarize participants with the fact that sport makes a significant contribution to our well-being, playing also an important role in the development of one's personality while influencing the development of the economy, environment and society in general.

Through this exchange we want to use sport and recreation as a tool for improvement of rural youth’s quality of life by giving them the knowledge and tools that will raise their motivation, self-development, self-reliance, as sport has the power to act as a mobilizing tool in a way that no other activities does. By combining fun, enjoyment and physical challenges we want to encourage young people to participate in sports in order to promote social interaction and well-being. This should lead to the development and sustainability of a healthy lifestyle and life-long attitude in adulthood among participants.

Exchange will last nine days. First part of the project will be used for activities arranged to get to know each other, to raise awareness of participants about healthy life styles, nutrition, mental relaxation, stress management, combined with different sport activities every day. Second part of the exchange will be mostly devoted to the preparation of the City Sport event, the final activity that will be performed in Tbilisi in order to reach broader audience. On the last day of the project participants will have a great opportunity to attend opening ceremony of European Youth Olympic Festival.

Accommodation:



Hosting organisation will pick participants from the airport and drive to Pona eco village.

The village is surrounded by nature and situated in the mountainous region of Kakheti in eastern part of Georgia. Our organization has been doing local and international camps since summer 2013 in Pona. Pona's campsite is the perfect place for outside activities with all the necessary facilities for living and working. Participants will be living in tents shared by 2-3 people depending on tent size. Organizers will provide tents, but we are expecting participants to take their own sleeping bags. The campsite is also the perfect place for outside activities.

-Participants will live last two days of the project in Rustavi Scout House – a local youth hostel, which is located 25 minutes by walk from the Old Town Centre.

Participants will be divided groups of 3–5 people per room. Girls will live separately from boys and the groups will be internationally mixed. There are accessible bathrooms; however, each participant should bring his own towel. Scout House has free wireless internet access so you can bring your own laptop. About International Scout Centre:

<http://iscr.ge/index.php?action=0&lang=eng>



About Rustavi City:

Rustavi, the capital of the Kvemo Kartli province, is the fourth largest city in Georgia. It stands on the Mtkvari River and was rebuilt during the Soviet times on remains of a village destroyed in 13th century. It then became an industrial city dominated by the *Rustavi Metallurgical Plant*. It is a multicultural city with large Azeri and Armenian minorities. Rustavi is located in the southeast of Georgia approximately 25 km from the capital - Tbilisi.



Reimbursement:

According to Erasmus plus Programme participants of the exchange are requested to buy their plane tickets before the project. In order to get the reimbursement of the money from tickets on the end of the exchange, we kindly ask you to send us boarding passes and invoices of your tickets. On ticket/invoice it has to be clearly written when the ticket was bought. Ticket also has to consist of itinerary, final price (including all fees, price can be in any currency, but we prefer in Euros) and the information for whom this ticket is issued.

Things to prepare for exchange:

National evening of your country

Each National team will be responsible for introducing their country and culture. Other participants are encouraged to actively take part in the evening. Each team will be presenting national evenings through sport activities.

Games

During the youth exchange we will have plenty of time to go out and play sports therefore you should think of some games we could play in order to entertain ourselves.

Things to bring with you

- Towels
- Your personal things, sport clothes, warm clothes for the evenings, swimwear, raincoat, sunny clothing for warm days. Usually in May and June in Georgia days are very sunny and hot☺
- Comfortable shoes for hiking trips

- Sleeping bag
- Sun cream
- Anti-mosquito spray
- Your national/typical food and drinks for the intercultural dinner
- Cameras, laptops and other equipment making life and work easier
- The national music or music that you like
- Information about your country (books, brochures, posters, postcards, video, presentation, music, etc.)
- Information about the organization you come from (brochures, presentation, video, etc.)
- Good spirit and positive attitude!

Travel arrangements

As soon as you can, please, send us your flight details ***for confirmation***. We will arrange your travel from airport to Pona.

Some more additional technical Information:

Time Zone:

Georgia is located in the UTC/GMT +4 hours during standard time.

Currency:

The currency of Georgia is Lari (GEL). If you want to exchange the money locally, you should change it to euros or dollars. There are ATMs and currency exchange spots accessible in the center of Rustavi.

Phone:

It is important that you change the protocols of your mobile telephones for their correct functioning during your stay in Georgia.

The international phone code for Georgia is +995

Health & Travel Insurance:

There is NO insurance provided by the organizers. Please, purchase a private insurance or, if you are EU citizen, get it free of charge from your national social security that covers medical

costs around EU member states. Remember that obtaining a health and a full travel insurance is your own responsibility and at your own expenses. The information you provided on any special needs does not remove your own personal responsibility for ensuring your own health. Also, it is very important that you notify us of any health risk or possibly necessary medicines, special food arrangements and so on.

Contact Information

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